

 20 lip balms  15 minutes

holy basil and lavender lip balm

ingredients:

- 3 tablespoons holy basil infused oil*
{coconut oil or olive oil}
- 1 tablespoon beeswax
- 1 tablespoon coco butter
- 10 drops lavender essential oil
- empty lip balm containers

*To infuse holy basil into oil, fill a glass jar 2/3 of the way full with dried holy basil {or dry wilted, if fresh} leaves. Pour oil into jar, covering the flowers completely. Tightly cap and store in a cool, dry space for a month. Strain and use!

instructions:

1. Place beeswax, coco butter, and infused oil in a small glass measuring cup and gently heat in the top of a double-boiler until the beeswax and butters have melted.
2. Once melted, remove from stovetop and add lavender essential oil. Stir well with a chopstick.
3. Immediately pour the mixture into clear or white lip balm containers with care. You can also use tiny glass jars. Allow to cool completely and then place the caps or lids onto containers.
4. Label and use and/or gift!

The cuisine of healing

- Holy Basil helps your body adapt to the stresses of life. It...
- brings in clarity & focus
- supports healing of head traumas & PTSD
- balances blood sugar
- strengthens the immune, endocrine & nervous systems
- fights oxidative stress
- supports the processing of grief